

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication from the Howard County Office on Aging and Independence

Volume 9, No. 2 • February 2019

Living Well: For a Healthy Heart and More!

Heart Disease is the Leading Cause of Death for Men and Women in the United States

Every year in the U.S., 1 in 4 deaths are caused by heart disease. But heart disease can often be prevented when people make healthy lifestyle choices and take an active role to manage their chronic health conditions.

LIVING WELL, a series of chronic disease self-management programs offered through the Howard County Office on Aging and Independence (OAI), helps older adults manage a variety of common health conditions, including cardiovascular disease, high blood pressure, diabetes, arthritis, chronic pain and more. “Over the course of six weeks, Living Well participants open up about the symptoms and challenges of their condition,” says Nicole Becerra, OAI’s Living Well program coordinator. “They learn how to set diet and exercise goals; manage stress; and communicate better with their families and health care providers.”

Each Living Well program is led by a team of two lay leaders, who have one or more chronic conditions themselves, and receive extensive training to facilitate weekly discussion topics. “One of the most valuable aspects of Living Well is the peer support you receive, knowing that both the leaders and the other participants are walking the same road as you,” says Becerra, “There is a lot of opportunity for camaraderie — and lots of laughter, too!”

All of the Living Well programs (with one exception) include six 2.5 hour sessions; a commitment to attend all six classes is encouraged. There is no fee and all course materials are provided for in-class use (they can also be purchased for a nominal fee). Living Well with High Blood Pressure is a one day, 2.5-hour class with a nominal \$5 registration fee.

To register for one of the following Living Well programs, contact Nicole Becerra at 410-313-3506. For additional details or questions, you can send her an email at nbecerra@howardcountymd.gov.

LIVING WELL: TAKE CHARGE OF YOUR HEALTH is designed for people living with one or more chronic conditions and/or their caregivers. Weekly topics include techniques to handle pain, fatigue, frustration and isolation; nutrition and healthy eating; appropriate exercise; communication skills; stress management; and goal setting. The next session will be held at the Elkridge 50+ Center on Thursdays, March 28 through May 2, 10:00 a.m. to 12:30 p.m. The same class will also be offered in Korean at the Ellicott City 50+ Center on Wednesdays, April 17 through May 22, 1:00 to 3:30 p.m.

LIVING WELL WITH CHRONIC PAIN is for those who have a primary or secondary diagnosis of chronic pain. Weekly topics include dealing with frustration, fatigue, or poor sleep; exercise to maintain and improve strength, flexibility, and endurance; pacing activity and rest; appropriate use of medications and how to evaluate new treatments; and communicating effectively. It is offered at the Elkridge 50+ Center on Thursdays, April 11 through May 16, 4:00 to 6:30 p.m.

LIVING WELL WITH CANCER: THRIVING AND SURVIVING is for individuals who are undergoing cancer treatment, have completed treatment, or are caring for someone with cancer. In addition to the weekly topics covered in the basic Living Well programs (as mentioned above), discussions also focus on living with uncertainty; making decisions about treatment and complementary therapies; setting priorities; and relationships. This program will be offered at the Glenwood 50+ Center on Fridays, April 26 through May 31, 9:30 a.m. to noon.

LIVING WELL WITH HIGH BLOOD PRESSURE is a 2.5-hour course for those who have been diagnosed with hypertension or high blood pressure and want to learn how to manage their condition. Topics include high blood pressure risk factors; nutrition and food label guidance; sodium content in common foods; and medication management. This program is offered at the Elkridge 50+ Center on Saturday, March 16, 9:30 a.m. to noon and on Tuesday, May 14, 4:00 to 6:30 p.m.; and at the Howard County MultiService Center, 9900 Washington Blvd., on Monday, April 15, 1:00 to 3:30 p.m.

24th Annual Penguin Pace 5K



Warming Up and Moving On

Sunday, February 3 at 7:45 AM

Bain 50+ Center

All Ages Welcome
Only \$25 Registration

Register at www.striders.net/penguin-pace

Don't Let a Valentine Break Your Heart or Your Wallet

Thousands of people are conned each year by scammers with fake dating profiles who pose as potential love interests.

Meeting your potential match online has become increasingly common as online dating sites and apps gain in popularity. Besides scouring online dating sites, con artists also search social media accounts and chat threads looking for targets. Both men and women, older adults (especially widows and widowers) and recent divorcees are particularly vulnerable to this scam.

How Sweetheart Scams Work

The victim usually meets the scammer through online dating websites, social media, or other online forums. The scammer typically claims to be interested in a romantic relationship and will send photos of an attractive looking man or woman, depending on the target. The scammer will insist the conversation remains via email or text messages. As a relationship develops, the scammer convinces the victim that they are in love, and a false trust is built.

Scammers usually claim to live far away, often overseas, and/or have excuses as why he/she is unable to meet in person. As the relationship develops, the scammer comes up with a story about how he/she has a major problem in their life that requires an outlay of money that they don't have (for the purchase of airline tickets to come to the victim; a medical emergency; a professional or personal crisis, etc.)

Scammers may ask for money orders, online bank transfers, or money wiring services. Once money is sent, they will continue to make up other tales of financial hardship, asking for more money. Once they have achieved their financial goals, they will drop the unsuspecting victim and disappear.

Victims may experience profound grief at the loss of the relationship once they accept that it was a scam. The lost money, often thousands of dollars, adds insult to injury. They may also feel too embarrassed to tell anyone what happened.



Tips to Spot and Avoid Sweetheart Scams

Be suspicious if:

- the relationship becomes romantic extremely quickly;
- your new friend wants to visit but is prevented from doing so due to a lack of money caused by a traumatic event or crisis;
- your love interest makes excuses about not being able to speak by phone or meet in person;
- you are asked to send money for any reason.

Never send money by wire transfer, especially overseas, and do not send pre-paid debit cards or gift cards. These payment methods are virtually impossible to stop or trace.

Do not share personal information on public dating sites and social media sites.

Be a detective. When you find a new acquaintance, do some sleuthing by looking up the person online. Try to meet face-to-face, but only in safe meeting places.

Do not continue to communicate with someone you think could be a romance scammer. Ignore ALL emails, phone calls, instant messages, or any other communications. Instead, use the online dating or social media site's abuse flagging system to mark the account as suspicious.

Report it! If you think you may be a victim of a sweetheart scam, contact the Howard County Police at 410-313-2200.



For more information on this and other consumer issues, contact the Howard County Office of Consumer Protection at 410-313-6420 (VOICE/RELAY) or consumer@howardcountymd.gov.

MEDICARE EDUCATION

PRE-REGISTRATION IS REQUIRED
410-313-7389

Medicare 101 and 102

A two-part introduction for those new to Medicare. Learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Thursday, March 7 and 14 • 10:00 – 11:30 AM

Elkridge 50+ Center 6540 Washington Boulevard, Elkridge 21075

Tuesday, April 9 and 16 • 7:00 – 8:30 PM

**Howard County Department of Community Resources and Services
9830 Patuxent Woods Drive, Columbia 21046**

For additional assistance with Medicare questions and concerns, call SHIP at 410-313-7392 (voice/relay).

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

FREE Information Presented by the State Health Insurance Program (SHIP) of the Howard County Office on Aging and Independence

AARP Tax Aide Returns

Offering FREE 2018 Income Tax Preparation

AARP and the IRS will offer personal income tax preparation for Howard County residents from **February 1 through April 15 at all Howard County 50+ Centers.**

This service is available to all middle and low-income taxpayers, with emphasis on those age 60 and older. Bring your photo ID, Social Security card, 2017 Federal and Maryland tax returns, and all 2018 tax documents. Self-employment returns with more than \$10,000 in expenses and other complex returns are not eligible for this service.

Appointments are required at all locations; call the number listed at each center for specific hours.

Tax Assistance Sites

Bain 50+ Center • 443-741-1220

5470 Ruth Keeton Way, Columbia 21044

Monday/Tuesday/Thursday: 10 am to 2 pm

Thursday: 10 am to 2 pm AND 4 pm to closing

Wednesday/Friday/Saturday: 9 am to noon

East Columbia 50+ Center • 410-313-7680

6600 Cradlerock Way, Columbia 21045

Wednesday: 9 am to noon

Elkridge 50+ Center • 410-313-5192

6540 Washington Boulevard, Elkridge 21075

Friday: CALL FOR HOURS

Ellicott City 50+ Fitness Center • 443-741-1220

9411 Frederick Road, Ellicott City 21042

Monday/Friday: 10 am to 2 pm

Tuesday: 4 pm to closing

Glenwood 50+ Center • 410-313-5440

2400 Route 97, Cooksville 21723

Thursday: CALL FOR HOURS

North Laurel 50+ Center • 410-313-0380

9411 Whiskey Bottom Road, Laurel 20723

Tuesday/Wednesday: CALL FOR HOURS

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)

FEB 7 and MAR 7 • 7 TO 9 PM



All evaluations are held at
Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044

Grief and the Older Adult

Grief and the Older Adult is a new seminar offered by the Health and Wellness Division of the **Howard County Office on Aging and Independence** in partnership with the **Howard County Local Health Improvement Coalition (LHIC).**

March 8 • 2:30 to 4:00pm

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel 20723

Join us to gain a general overview of grief; the history of grief research and theory; modern grief research and theory; important grief concepts; and learn the basic tools to support older adults who are grieving. Cost is \$15 per person; CEU's are provided for Maryland social workers and counselors (LCPC). The registration deadline is Monday, March 4, and is required for all attendees.

Presented by Litsa Williams and Eleanor Haley, founders of *What's Your Grief* in Baltimore. For more information, contact Karen Hull at khull@howardcountymd.gov or call 410-313-7466 (voice/relay).

Register at www.hocogriefseminar.eventbrite.com

DID YOU KNOW?

TWO OR MORE CHRONIC CONDITIONS PUTS YOU AT RISK FOR MALNUTRITION!

DISCOVER

- **WHY** muscle matters
- **HOW** nutrition affects falls
- **HOW** to get enough protein & fluids
- **WHAT** you can do to eat better and improve your health



STEPPING UP YOUR NUTRITION

Thursday, March 7 • 10:00 am to 12:30 pm

The Village in Howard

6061 Stevens Forest Road, Columbia 21045

\$5/person includes workshop and educational materials

Saturday, April 6 • 12:30 to 3:00 pm

St. John Baptist Church

9055 Tamar Drive, Columbia 21045

TO REGISTER OR FOR MORE INFORMATION

MALARIE BURGESS

mburgess@howardcountymd.gov

410-313-5940 (VOICE/RELAY)



Howard County Office on
Aging and Independence

Department of Community Resources and Services



Howard County Office on
Aging and Independence

Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.

Celebrate Black History Month

Each year February marks National Black History Month, which celebrates the contributions that African Americans have made to American history, promotes awareness of their struggles for freedom and equality, and deepens our understanding of our nation's history. **Celebrate the rich culture of Black History Month at the following Howard County 50+ Centers.**

Lyric Opera Presents Marian Anderson Bain 50+ Center

Tuesday, February 5 • 11:00 a.m.

Celebrate Marian Anderson, the first African-American singer to perform at the Metropolitan Opera in New York City. Sign up in the lunch room.

The Oblate Sisters Glenwood 50+ Center

Friday, February 8 • 11:00 a.m.

Storyteller Janice Green relates the experiences of Mother Lang of the Oblate Sisters. FREE. Call 410-313-5440 to register.

Black History Month Celebration Elkridge 50+ Center

Monday, February 11 • 10:30 a.m. to 12:30 p.m.

Enjoy an authentic "soul-food" luncheon, along with music and games. \$15/person; reservations at 410-313-5192.

Winter Jazz Concert North Laurel 50+ Center

Wednesday, February 13 • 11:00 a.m. to 1:00 p.m.

Enjoy the sultry sounds of jazz standards performed by Audrey Haskins. \$3 plus lunch contribution. Reserve lunch by February 6 at 410-313-0380.

New Release Cinema East Columbia 50+ Center

Thursday, February 14 • Doors open at 5:00 p.m.

Enjoy a double feature in honor of Black History Month. Free soda, popcorn and candy! No registration required. For film titles, call 410-313-7680.

Civil War Series: Dred Scott to Succession Glenwood 50+ Center

Wednesday, February 20 • 10:00 a.m.

FREE. Call 410-313-5440 to register.

A Fragile Freedom: African American Historic Sites Ellicott City 50+ Center

Wednesday, February 20 • 1:00 p.m.

This History Channel documentary highlights the places in America where African American history was made. RSVP to 410-313-1400. FREE.

Up in the Clouds Glenwood 50+ Center

Friday, February 22 • 11:00 a.m.

The College Park Aviation Museum presents a history of black aviators.



Boost Heart Health at the 50+ Centers

Heart-Healthy Numbers

FREE Blood Pressure Screenings

Glenwood 50+Center • 2nd & 4th Tuesdays; 9 to 11 a.m.

Ellicott City 50+ Center • Tuesdays; 9 a.m. to noon

Bain 50+ Center • 1st and 3rd Thursdays

Know Your Numbers

Bain 50+ Center

Thursday, February 7 • 10:00 a.m. to noon

Cholesterol, blood pressure, blood sugar and BMI numbers are key indicators of your risk for serious illness. Join Albertha Workman, RN, to learn more. FREE.

Heart-Healthy Nutrition

Best Heart Forward

Elkridge 50+ Center

Wednesday, February 13 • 10:00 to 11:00 a.m.

Take control of your heart health by learning about healthy eating, stress management & more. FREE.

A Dark Chocolate Valentine

Glenwood 50+ Center

Thursday, February 14 • 10:00 a.m.

Try our heart-healthy snacks; join us in the lobby for free samples and get the recipes to try at home. FREE.

Cooking Made Easy with Kari

Bain 50+ Center

Friday, February 22 • 10:00 a.m.

Kari Weidner, Nutrition Specialist, demonstrates quick and easy recipes that taste delicious, featuring 18 heart-healthy foods. RSVP: 410-313-7213. FREE.

Healthy Tastings: Nutrition Education

North Laurel 50+ Center

Tuesday, February 26 • 10:30 a.m.

Join our nutrition specialist to explore healthy foods, food trends and nutritional values and learn new recipes which are healthy choices.

Make a Mind/Body Connection

Meditation for a Healthy Heart

East Columbia 50+ Center

Friday, February 8 • 9:00 a.m.

Meditation helps manage stress and high blood pressure; can improve sleep; and may lower your risk of heart disease. FREE; register at 410-313-7680.

Qigong

Bain 50+ Center

Thursday, February 14 • 10:15 to 11:15 a.m.

Qigong is the science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. FREE. RSVP to 410-313-7213.

Mindfulness Meditation

Elkridge 50+ Center

Tuesday, February 19 • 9:30 a.m. to noon

Offered through Howard Community College, Mindfulness Meditation gives you the tools to help reduce stress and increase focus. \$25. Register at 443-518-4971.

Mindful Mondays 6-Week Series

North Laurel 50+ Center

Mondays, February 25 through April 1 • 9:00 to 9:45 a.m.

Light yoga stretches and guided meditation can help manage stress and blood pressure; enhance clarity and re-energize the body. \$35; register at 410-313-0380.



Stay connected to the Howard County Department of Community Resources and Services. Like and share us today!

Find us on Facebook at
www.facebook.com/HoCoCommunity